

Breathing tests

Spirometry:

- This device measures airflow from the lungs during exhaling (and sometimes inhaling).
- It is performed by the patient standing up, blowing into a mouthpiece for several seconds as forcefully as possible.
- Normally, three attempts are made.
- Results are available immediately.
- Often, if there is concern about airway obstruction after reviewing the results, a medication such as albuterol may be given by inhalation; the spirometry is then repeated after 20 minutes to detect improvement, which can be consistent with asthma.
- Spirometry is usually not attempted in patients under six years old, mostly due to insure being able to perform it properly.

FeNO:

- FeNO stands for “fractionated exhaled nitric oxide”.
- The FeNO measuring device detects the amount of nitric oxide in the patient’s exhaled air.
- The maneuver is performed by inhaling deeply and then exhaling softly into a mouthpiece for several seconds.
- A high number of FeNO indicates inflammation in the lungs and is consistent with asthma.
- Results are available immediately.